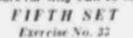
Evening World Daily Magazine

U. S. Army Exercises And First Aid Lessons By PAULINE FURLONG

nergie, but he fin loss indusing the olds for fire from Roung West

The Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.



IDIO to an execution was to accomplish weak aukies. Out No. 22 shows the proper method of foot bending for the person so trumbted, Bland with some at right angles to body and take the righ-

og. Then follow the commander: liend foot appeard, desaward one, two " Practice of this exercise. e certain to receiv to strengthening the anales.

POR the foot circling exercise assume the position shown in lower cut and hend the foot inward, outward, then circle around. Seprest this operation until fatigued. Fact circling is another way of adding to the suppleness of the lower leg and fou mueries. It always has beneficial results.

FIRST AID LESSONS No. 28 Broken Wrists and Fingers

attempt to free the bones in a broken wrist, but leave them my are. Other than this treat like fracture of foreign. Treat a if it is exident white waiting for the dictor to arrive. He should be sent for tramediately.



which usually results from falling forward on the band to precent the body from striking the ground. The force of such a fall usually drives one home into The ferrer of such a full tribuly drives one here the the other as that they have held together to this pen-ton. Bruken frages should be gently drawn into entural position and harrow padded splints placed under them and held in place with narrow beindage, support in sing and show the injury to a decider as promptly as possible. The usual symptoms, which are easily detected in fractured boxes, are to evidence in broken fingers.

A broken wrint is an extremely common fritury

Answers to Health and Beauty Questions

STIFFNESS AFTER EXERCIS- and it is one of the most disfiguring.
ING-MILDRED M.: You should distinct the united by lowered vicontinue the exercises until the must tally and shartered norms, and these much they need the exercise.

NERVOUSNESS-MRH F. R .-Overwork, lowered vitality, worry, lack of exercise, overeating, &c., cause nervous conditions and correct diet and absolute rest are essential to overcome it.

HAIR TONIC-MRS. G. R.: The

cies have become supple again and conditions must be everyome first, as treating the scalp alone will not bring satisfactory results or much temporaries to which they are not to customed. This proves just how much they need the exercise. the scalp and body will belp you

> RADISHES MRS. H. N.: contain a large amount of cellulose, the substance resembling and allied to starch, and should not be exten by invalids. They are not easy to digest and are used principally as a reigh and not as a regular diet.

tollowing is a good economical hair toolic. Rose water, four ounces; time-information one ounce; ture cantharides, one-fourth ounce; shud be used by the allow skinned by the blonde. This will prevent its base defacted, especially if it is used BALD SPOTS ON HEAD AL. being detected, especially if it is used very sparingly at night and never RED G.: This is called alepecia, in the daytime.

The Half Holiday

By Jack Callahan



FIVE FRIDAYS

A Smile in Every Line

By Frank R. Adams

How Would You Like a Vacation? Without Lunch or Dinner or Breakfast?? And Nothing to Do but Laugh and Grow Thin 77?

(Courtfelt, The Frank A. Minner Company, SYNOPSIS OF PRECEDING CRAFFIELS,

And Melhingto Do bul Leukh and Geree Thin 17 District Control of the Control of t

EVERY TWO WEEKS.

started out. Mine Duninger seemed "There was a bully part for the girl aweetly: "I don't mind their below wrinkled a bit. I'm going to have a brain struggle.

I turbore to break in on so portaneous muts to eat and some sind of birds a brain struggle.

Evidently one thought that bunting old latter in the underbrush was castaways on an island." I explained, "I do not suppose you have any that younn must be an invention of the devil, and then again I don't income of our innecent island pastines.

We solded forth. If I had wanted to run across Lucile when I was alone to run across Lucile when I was alone I was just as anxious to avoid her was any treasure buried on the large pasting of food products grow wild.

While I was in the company of Mins there was any treasure buried on the her," cheered Vida. "We'll find her and we went back to the

"We might take a stroit along the as you have to be to sell them." It started to rain, I stammered, "and we had to hunt up scaler. Miss beach" suggested firm whom his we will a rain to be to be to sell them. "It started to rain," I stammered, "and we had to hunt up scaler. Miss beach" suggested firm who believe the first two forms and started to rain," I stammered, "and we had to hunt up scaler. Miss beach" suggested firm the captain and Jim had eyes kindled as one recollected it. That's all right," said Lucie.

Will Begin on This Page July 20

"Ma" Sunday's Intimate Talks With Young Girls

WHERE THE DEVIL SERVED TEA By "Ma" Sunday

Wife of Billy Sunday, the Famous Evangeitst WAS carried lunch at a linter, while waiting for a train. I noticed that

a hearty group of young people, two girls and two young men, were ather enter. Ther had a table together and were apparently drinking or great dray of tea-

"I hat he is certainly making those girls nervous." I said in a triend

"Yes" he and "Their not rea. It's liquor." "But ther're more children!" I answered

The watter had bread what we said

"It's not at all Impossible," he remarked These young frings can drink more cocktails than you would think anybody could, to say nothing of such considered, as you've regulty called them."

"Then why do you serve them?" I maked He shrugged his shoulders.

l sat there, fuscinated, watching those girls and buys, who ought to have been under the eyes of their mothers. Those mothers where were they? What could they be thinking about in let much a thing happen?

The girls laughed more and more. The big red spots on their cheeks gree and gree. They made excited gestures. One of them spilled some of her "tea" and giggled senselessly over it. Neither remembered that sufferenced should have kept them from exhibiting themselves in such a

"Cun it be that this happens often?" I asked our waiter. "Often" It happens all the time! It happens from 10 schook in the

morning until we have to put 'em out at night" "Where do they get the money?" I asked. "Those boys must be making very small salaries."

He shrugged his shoulders sgain. He didn't know. He didn't care much. All he know was that he was there to serve them with what they could pay for

Would the toys have sat hours over a table if the girls had instated upon some clean, healthy amusement? Upon walking in a park, enjoying God's pure air? I pon reading together? Or upon the innocent, say and delightful talk that young people can always have together when they possess mutual tastes? Why, the boys can always be controlled by the girls. It is the divine power which God has put into the hards of woman. County CO17, by the Bell Syndicute. In-

How to Dry Vegetables and Fruits at Home

This series of articles was furnished by the United States Department of Agriculture, and the information contained is reliable down to minute details.

PLUMS AND APRICOTS.

CHERRIES.

Article No. 9 Potatoes and Peaches.

SELECT good, sound, well-ma-T.DCT good, sound, well-ma-tured potatoes. Wash and boil Plums are not peeled, but the pirst or steam until nearly done. Peel are removed, the fruit being out into halves and dried in the same way as or steam until nearly done. Feel and pass through a meat grinder or a potato alicer. Collect the shreds in layers on a tray and dry until brittle. If toasted slightly in an oven when dry the flavor is improved somewhat. Boil or steam until nearly done, peel as above, cut in quarter inch alices, spread on trays and dry until brittle, feeling may be omitted, but the Feeling may be omitted, but the

product will be very much inferior in

SWEET POTATOES.

Wash and boll until nearly done, black charges can be dried when conon mother?"

If we will not be seen that the others and we went back to the large and dry and seen the stones.

CHAPTER XI.

CHAPTER XI sel and run through meat chopper, taining the stones,

THE FIRST WILL APPEAR MONDAY